



The Family Friend

A collection of articles and quotes to aid your family in daily living.

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Nomophobia

I've been reading recently about a condition that has some destructive effects on individuals and our relationships. A number of tests have found it to have the following negative impacts:

- ◆ panic attack
- ◆ shortness of breath
- ◆ dizziness
- ◆ trembling
- ◆ sweating
- ◆ accelerated heart rate
- ◆ chest pain
- ◆ nausea
- ◆ neck, wrist, and elbow pain

This addiction can also lead to one or more of the following issues:

- ◆ lack of concentration
- ◆ alienation from family and friends
- ◆ decreased productivity
- ◆ moodiness
- ◆ loss of sleep
- ◆ increased risk of injury or death from automobile accidents and other types of accidents

While there are drugs and other substances we ingest that pose great risks to us, this problem is not linked to anything like that. This problem is inseparably linked to something you may be holding in your hand right now. You may already be a victim of — nomophobia

While this may sound like a joke of some kind, nomophobia has been determined to be a real problem. The Miriam-Webster online dictionary defines nomophobia as:

“fear of being without access to a working cell phone”

I encourage all of us (yes, including me) to go online (briefly) and take one of the many “self-evaluation” tests available to help determine whether or not we are addicted to our phones (and other electronic devices). We might be unpleasantly surprised.

If you don't want to take the time to do that, I've devised one fairly simple test. When your loved ones think of you, which of the following do they think of:

- ◆ a person whose face “lights up” when loved ones walk into the room? or
- ◆ a person whose face “lights up” from the light emitted from an electronic device you are constantly “checking?”

If we find that we are “nomophobic,” there are also some online solutions. If you don't want to take the time to read or implement them, I have a few solutions to suggest.

That ring, alert, or whatever can actually be ignored without affecting the rotation of the earth in the least.

All of our devices have a switch that can actually turn the thing off. Maybe we need to use that feature more often.

I think I'll go talk to my wife now – in person!

—Jim Faughn



What Are We Saying About the Church?

Recently, in an excellent lesson about gossip, the teacher recounted an incident I, and many others, could echo from the background of our own experience either in ministry or our personal lives. A mother asked her wayward daughter why she no longer was a member of the church. Her convicting reply, "The way that you always talked about the church, why would I be?" The way this daughter heard her parents talk about the church, she concluded the church was full of hypocrisy, flaws, and inadequacy. She was simply modeling what she heard them say throughout the years.

I'm thankful for the sound counsel we received well before we had children. We were advised never to speak ill of the church in front of our children, to run down elders, deacons, preachers, and other members. Knowing Kathy, she would have done this intuitively. For me, it was extremely helpful with my impetuous nature. Even whispered words in the front seat of the car, going home from church, will inevitably be heard by the little ears in the back seat (the same is true of the dinner table and other times the family is together). We may be blowing off steam, we may not have deep vendettas against the object of our criticism and complaint, and we may soon forget what we've said, but impressionable ears and hearts may internalize the words and materialize the message with their deeds and lives.

The attitude, relationship, and loyalty our children have toward the church is most shaped and determined, for good or ill, by our example as parents. What will help us speak well of the Lord's church?

- Remember who conceived of it, from nature to organization to purpose, etc. (Eph. 3:9-11).
- Remember whose it is (Mat. 16:18-19; Eph. 5:33).
- Remember our mission to bring others into it and that our home is our primary mission field (Mat. 28:19).
- Remember how Jesus feels about the church (1 Tim. 3:15; Eph. 5:25).
- Remember that the church is the location of the saved and we should do all we can to help our children make up that number (Acts 2:47; 1 Cor. 12:13).

Remember all that the Bible says God seeks to accomplish through the church: growth (Eph. 4:16), His glory (Eph. 3:20-21), and His grace (2 Cor. 8:1), among so many other things.

We may struggle to see our family harbor grudges and hard feelings against the church. Many factors may contribute to that, but we should begin with ourselves. What are we saying about the Lord's bride? What is our attitude toward her? I cannot imagine that anything is more impactful than that, and that is probably the thing we can most control! May our family remember that our theme song, concerning the church, is, "I love Thy kingdom, Lord!" Surely this will influence how they feel about her, too. —Neal Pollard

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What Do You Want to Be?

It is a popular saying, "We are what we eat." It is more certainly true, however, "As a man thinks in his heart, so is he." There is disagreement among translators as to whether Proverbs 23:7 says that, but in any case, it is true. Jesus says, "For out of the abundance of the heart, the mouth speaks. The good person out of his good treasure brings forth good, and the evil person out of his evil treasure brings forth evil" (Matt. 12:34-35).

What is in a bucket when it is jolted is what spills out. What spills out of us when life jolts us is that with which our minds and hearts are filled. Jesus said, "For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false witness, slander" (Matt. 15:19).

Want to fill your children's hearts with violence, lying, killing, and approval of all kinds of sexual sins? Then watch television and set your children watching for hours on end. What goes in affects both what comes out and what one is.

—Cecil May Jr.

Preacher Talk

